

LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH

PARTNERS IN SUICIDE PREVENTION (PSP) TEAM



Los Angeles County Board of Supervisors

First District: Hilda L. Solis
Second District: Mark Ridley-Thomas
Third District: Sheila Kuehl
Fourth District: Don Knabe
Fifth District: Michael D. Antonovich

Los Angeles County Department of Mental Health

Jonathan E. Sherin, M.D., Ph.D., Director
Los Angeles County
Department of Mental Health
550 S. Vermont Avenue, 12th Floor
Los Angeles, CA 90020

Phone: (213) 738-4601
FAX: (213) 386-1297

<http://dmh.lacounty.gov>



If you are interested in learning more about our services, please feel free to contact our team listed below:

PARTNERS IN
SUICIDE PREVENTION
Los Angeles County
Department of Mental Health

- Children
- Transition Age Youth
 - Adults
- Older Adults

suicideprevention@dmh.lacounty.gov

If you are in crisis and need help right away, call toll-free, 24/7



ACCESS help line
1 (800) 854-7771

Partners in Suicide Prevention (PSP) Team

The **Partners in Suicide Prevention (PSP)** Team for Children, Transition Age Youth (TAY), Adults and Older Adults is funded by California's Proposition 63, the Mental Health Services Act (MHSA). This innovative program offered by the Los Angeles County Department of Mental Health (DMH) is designed to increase public awareness on suicide and reduce stigma associated with seeking mental health and substance abuse services. The team offers education, identifies appropriate tools such as evidence-based practices (EBPs), and provides linkage and referrals to age-appropriate services.



Suicide Prevention

"The concept of **PREVENTION** consists of reducing risk factors and promoting protective factors in order to change underlying conditions that lead to suicide.
- *'It Takes a Community'*, SAMHSA (2008)

Suicide

Los Angeles County is one of the nation's largest counties in geographic area and is home to approximately 26% of all Californians. According to the CA Department of Public Health, a total of 779 people took their own lives in Los Angeles County in 2013 which accounted for 20% of suicide deaths in California.

Warning Signs

- Wishing to end one's life
- Talking about death
- Saying goodbye to friends and family
- Giving away prized possessions
- Unexplained anger and agitation
- Acquiring highly lethal devices
- Increased alcohol and/drug use
- Dramatic mood changes

Protective Factors

- Cultural/religious support
- Social/community support
- Family connectedness
- Access to health/mental health care services
- Restricted access to lethal devices

You can help the person by:

- Being willing to listen and taking it seriously
- Not leaving the person alone
- Seeking professional help
- Following up on treatment
- Contacting emergency services during a crisis

PSP Trainings And Presentations

■ Suicide Prevention Training for Service Providers

Focuses on general risk factors, risk assessment, prevention, intervention and safety plan. *(2-3 Hours)*

■ Applied Suicide Intervention Skills Training (ASIST)

Helps participants learn suicide first aid using non-therapeutic intervention techniques. *(2-Day training)*

■ Recognizing and Responding to Suicide Risk (RRSR)

Specifically for clinical mental health professionals, advanced behavioral skills training focusing on 24 core competencies. *(2-Day training)*

■ Question, Persuade and Refer (QPR)

Specifically for **gatekeepers** to learn how to ask the right questions and get help for individuals who may be at risk of suicide. *(2-3 Hours)*

■ Mental Health First Aid (MHFA) *Adult and Youth Versions Available*

Specifically for non-mental health professionals, prepares members of the public to provide Mental Health First Aid to those in need. *(8 Hours)*